

Kendriya Vidyalaya Panna (M.P.)

Virtual Activities for Fit India School Week Celebration (09th December 2020 – 16th December 2020)

Day	Date	Name of Teacher	Events	Some useful Links for reference / preparation of Activities
Day - 1	9 th Dec 2020	Mr. Arvind Gupta, PGT (CS)	Virtual Assembly – Free Hand Exercises	https://www.youtube.com/watch?v=HY1fP59jRvo
		Mr. Dinesh Kumar TGT (P & HE)		https://www.youtube.com/watch?v=oc4QS2USKmk
		Mr. Ujjwal Singh, PRT Mrs. Poonam, PRT	Fun and Fitness	https://www.youtube.com/watch?v=McD6_oOWs-M 25 minute fun work out for kids at home
				https://www.youtube.com/watch?v=5if4cjO5nxo family fun cardio work out
			Aerobics	https://www.youtube.com/watch?v=zqv2QKyggCk
				https://www.youtube.com/watch?v=4PeYc-RAMsw Indianstudents
				https://www.youtube.com/watch?v=T4mffqBUO4M KVS Nationals
				https://www.youtube.com/watch?v=PUWg7fXnCf0 display
			Fit India Active breaks	https://www.youtube.com/watch?v=X54eSy7SEZc
				https://www.youtube.com/watch?v=XA5BpTEQ4VQ
			https://www.youtube.com/watch?v=0xpp7qT5k_M	
Day - 2	10 th Dec 2020	Mr. Dinesh Kumar TGT (P & HE)	(i) Virtual Assembly – Common Yoga Protocols (ii) Debates, Symposium, Lectures on “Re-strengthening of the mind post pandemic”– Mental Fitness Activities for Students, Staff and Parents (iii) Open letter to Youth of the Nation on “Power of Fitness” (iv) Open mic on topics such as “Exercise is a celebration of what your body can do, not a punishment for what you ate” etc.	https://yoga.ayush.gov.in/yoga/common-yoga-protocol
		Mr. Deepesh Dixit, PRT (Music) Mrs. Pinki, TGT (Hindi), Mrs. Manisha Tokas (PRT) Mrs. Anju TGT (English)		https://www.youtube.com/watch?v=xn-aOZ2LfpM SUPER BRAIN YOGA
		Mr. Pawan Kumar Pathak, TGT (English) Mrs. Priyanka Gupta, TGT (Sanskrit)		https://www.youtube.com/watch?v=388Q44ReOWE Brain Breaks
Day - 3	11 th Dec 2020	Mr. Neeraj Chaurasia, PGT (Maths), Mr. Mrigendra Singh, TGT (Maths), Mr. Akhand Pratap Singh, TGT (Maths.) Ms Jyoti Gautam, TGT (Science) Mr. Ajay Kumar Chauhan, TGT(AE) Mr. R.K. Dixit, TGT (S.St.)	(i) Brain Games to improve concentration/problem solving capacity – e.g Chess, Rubik’s cube etc. (ii) Poster making competition on theme “Hum Fit Toh India Fit” or “New India Fit India” (iii) Preparing advertisements on “Hum Fit Toh India Fit”, “Emotional and physical well-being are interconnected” etc.	https://www.youtube.com/watch?v=rmtz-70IKQs concentration increasing activities
				https://www.youtube.com/watch?v=pCpитеBel8E

Day- 4	14 th Dec 2020	Mr. Kailash Kesharwani, PGT (English), Mr. Suresh Kumar Dod, PGT (Chem) Ms. Neha Lakhera, TGT (Science), Mr. D.K. Patel, TGT (So.Sc.)	(i) Debates, Symposium, Lectures etc about diet & nutrition during pandemic for Students / Staff & Parents (ii) Essay/Poem Writing Competition on theme “ <i>Fitness beats pandemic</i> ” (iii) Podcast/Movie making on suggested themes – “ <i>Get fit, don’t quit</i> ”; “ <i>Mental Health is not a destination but a journey</i> ” etc. Podcast	https://www.youtube.com/watch?v=ZiZhcc4P6Y8 https://www.youtube.com/watch?v=rVzYL8vdpGc
Day- 5	15 th Dec 2020	Mr. Kapil Mahajan, PGT (Bio), Mr. Rama Shankar Rakesh, PGT (Economics) Ms. Swarnima Sharma, PRT Ms Komal Saini, PRT	(i) Online Quiz related to fitness/sports (ii) Virtual challenges for students, staff/ teachers e.g. • Squats challenge Step-up challenge • Spot jogging • Rope skipping • Ball dribbling etc. (iii) Session(s) by motivational speakers for students, parents and school staff	https://www.youtube.com/watch?v=psOKDKrRn4o on line competition Rope Skipping, https://www.youtube.com/watch?v=yXh9ktZ7FPY squat challenge, https://www.youtube.com/watch?v=-2CImFvfUuc Step up challenge, https://www.youtube.com/watch?v=e2-fLf78W5s Ball dribbling MASSPT https://www.youtube.com/watch?v=9qgNXYArNDM&feature=youtu.be Jogging - https://www.youtube.com/watch?v=t7I_zqmtzUY&feature=youtu.be Squat https://www.youtube.com/watch?v=dpoUC7ZNg3o&feature=youtu.be Step up challenge https://www.youtube.com/watch?v=cmzjLQ6RuCE&feature=youtu.be
Day- 6	16 th Dec 2020	Mr. Mohit Bansal, PGT (Physics), Mrs. Shalu, PRT	1 Day dedicated to Family Fitness: (i) Activities for fitness sessions at home involving students and parents – Fit India Active Day capsules could be used for demonstration purposes Creatively using home-based equipment for sports & fitness. e.g. Hacky sack at home (juggling with feet & hand – warm up activity) • Aluminum foil inside a sock – ball and any wooden piece – bat to play cricket • Mosquito bat and TT ball to play badminton/tennis	https://www.youtube.com/watch?v=g5KOWnr-A6o https://drive.google.com/drive/folders/18ophV1Yt3qBOhpLOpX66v_ywCK_kgTsS?usp=sharing
		Class Teachers & Co-Class Teachers (These activities should be conducted by class teachers and photos/videos should be collected by them.)	1 day dedicated to Family Fitness: (i) Activities for fitness sessions at home involving students and parents – Fit India Active Day capsules could be used for demonstration purposes (ii) Creatively using home-based equipment for sports & fitness. E.g. • Hacky sack at home (juggling with feet & hand – warm up activity) • Aluminium foil inside a sock – ball and any wooden piece – bat to play cricket • Mosquito bat and TT ball to play badminton/tennis Fitness circuit – Draw a ladder on the floor with a chalk piece or crayon	https://www.youtube.com/watch?v=WqMmpoFQ4uI with paper waste https://www.youtube.com/watch?v=x7X4fZEudNo https://www.youtube.com/watch?v=JOYXFqm_gNo with balloon and sand https://www.youtube.com/watch?v=a5m8ypqkNNU https://www.youtube.com/watch?v=AWtsOZmV-Ds https://www.youtube.com/watch?v=wcYi1dw5t2I https://www.youtube.com/watch?v=VGQGUMX5lxI https://www.youtube.com/watch?v=m-XzvAUzxVc